

Figure 1

FIG. 2

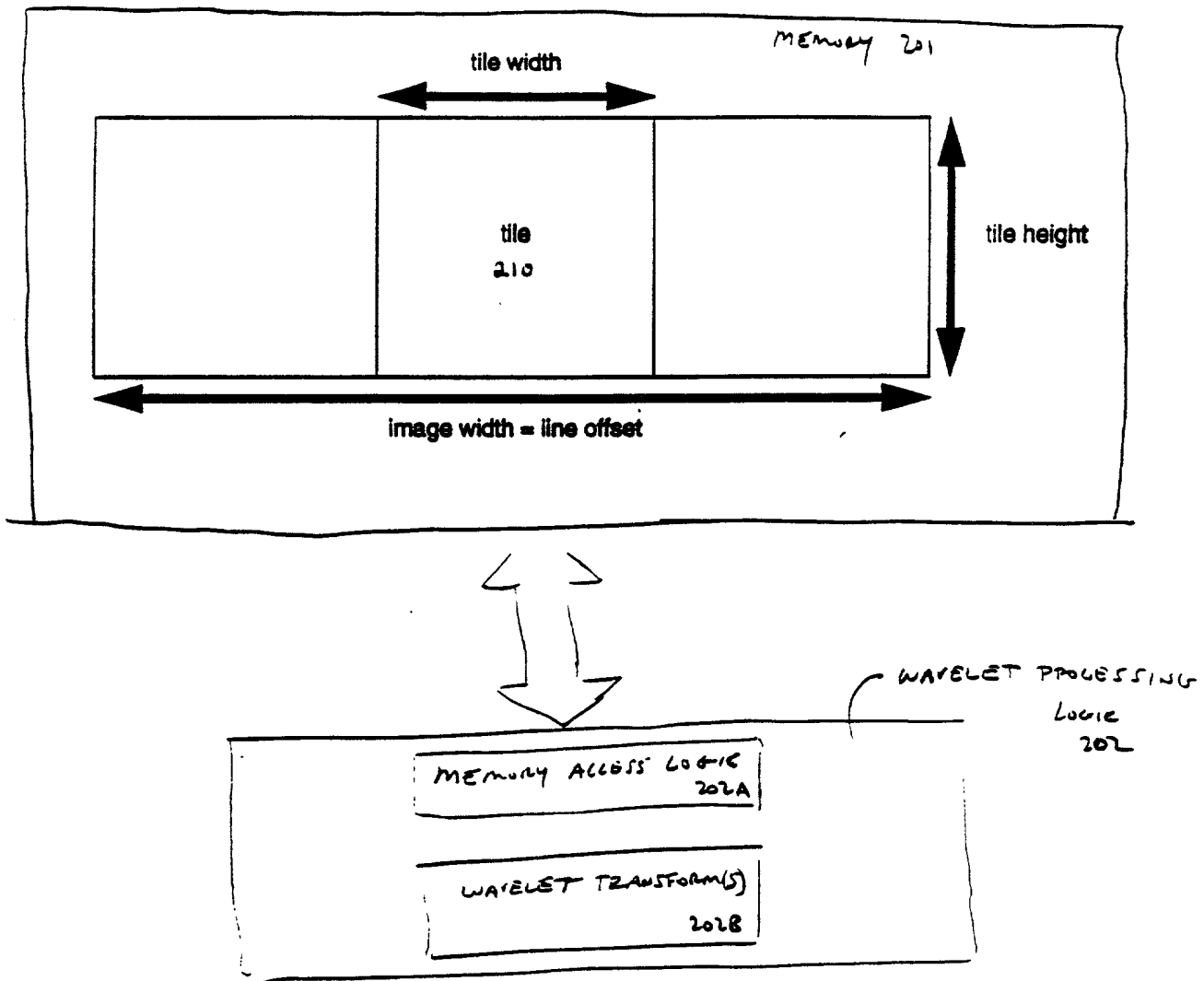
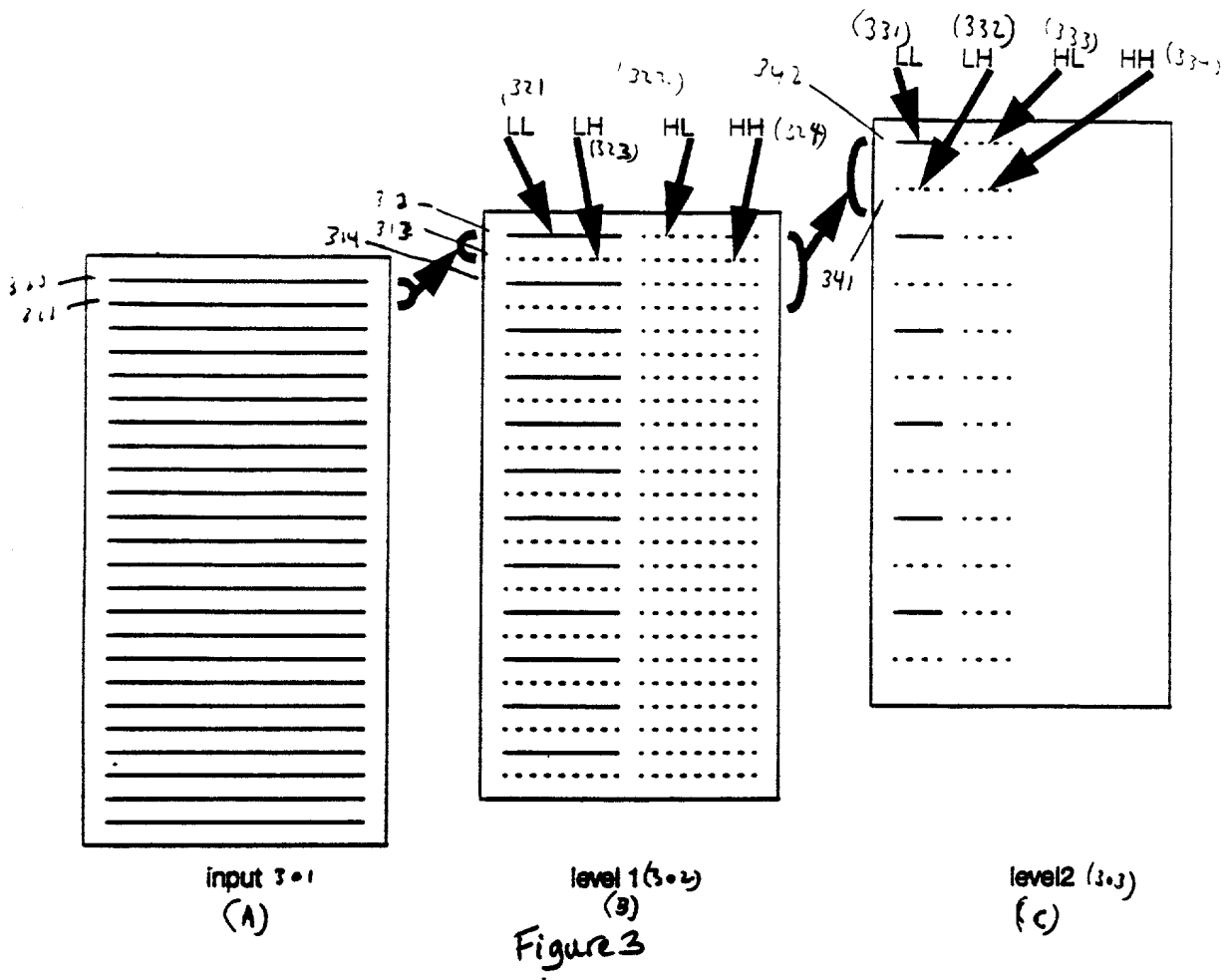


Figure 2



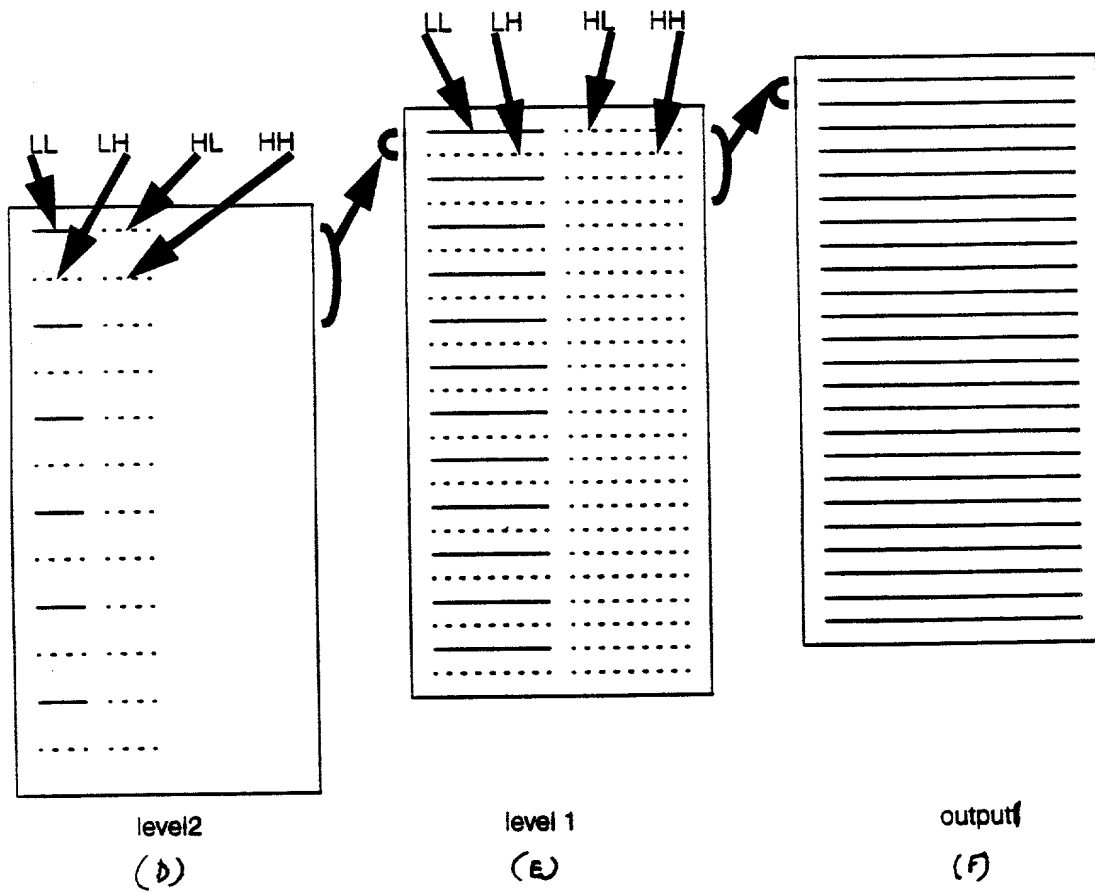


Figure 3.

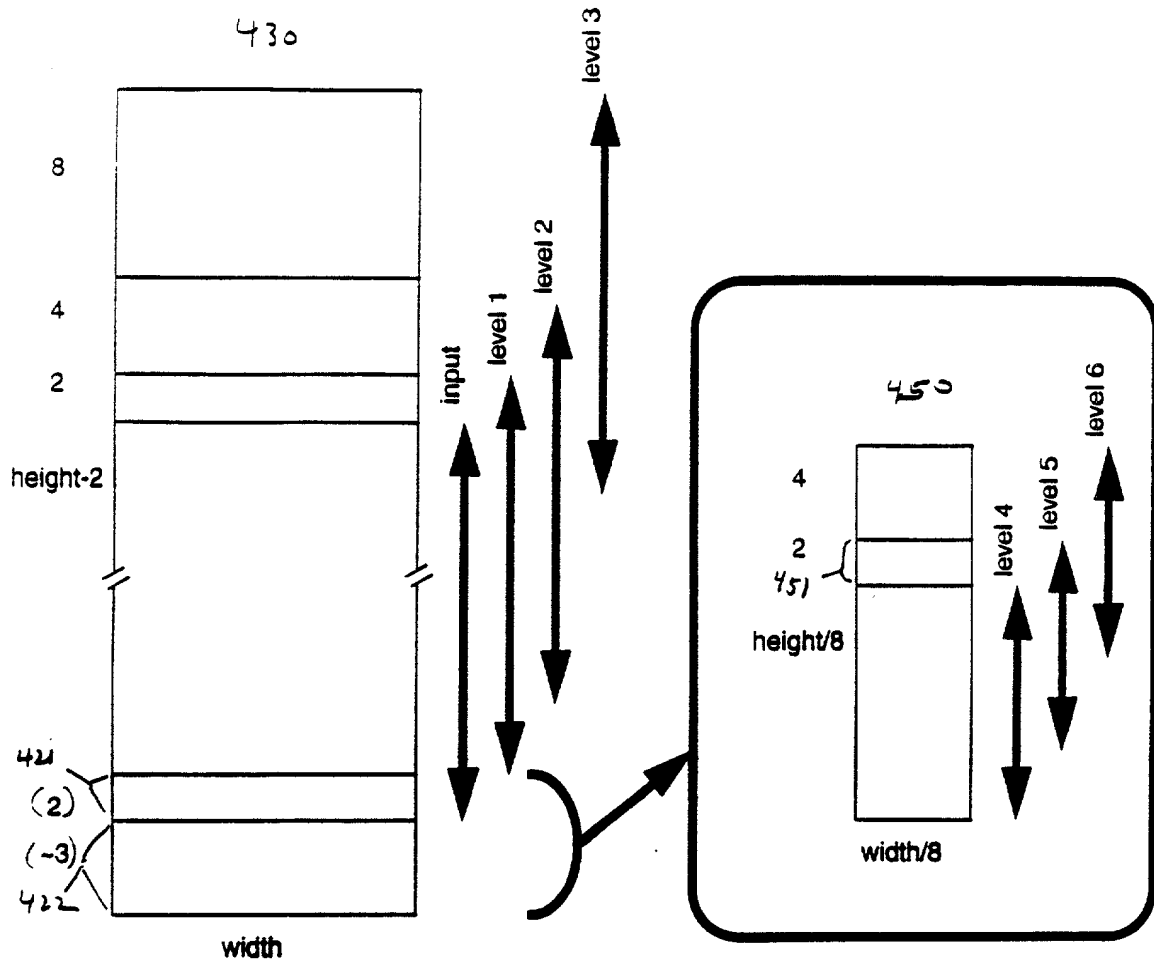


Figure 4 A

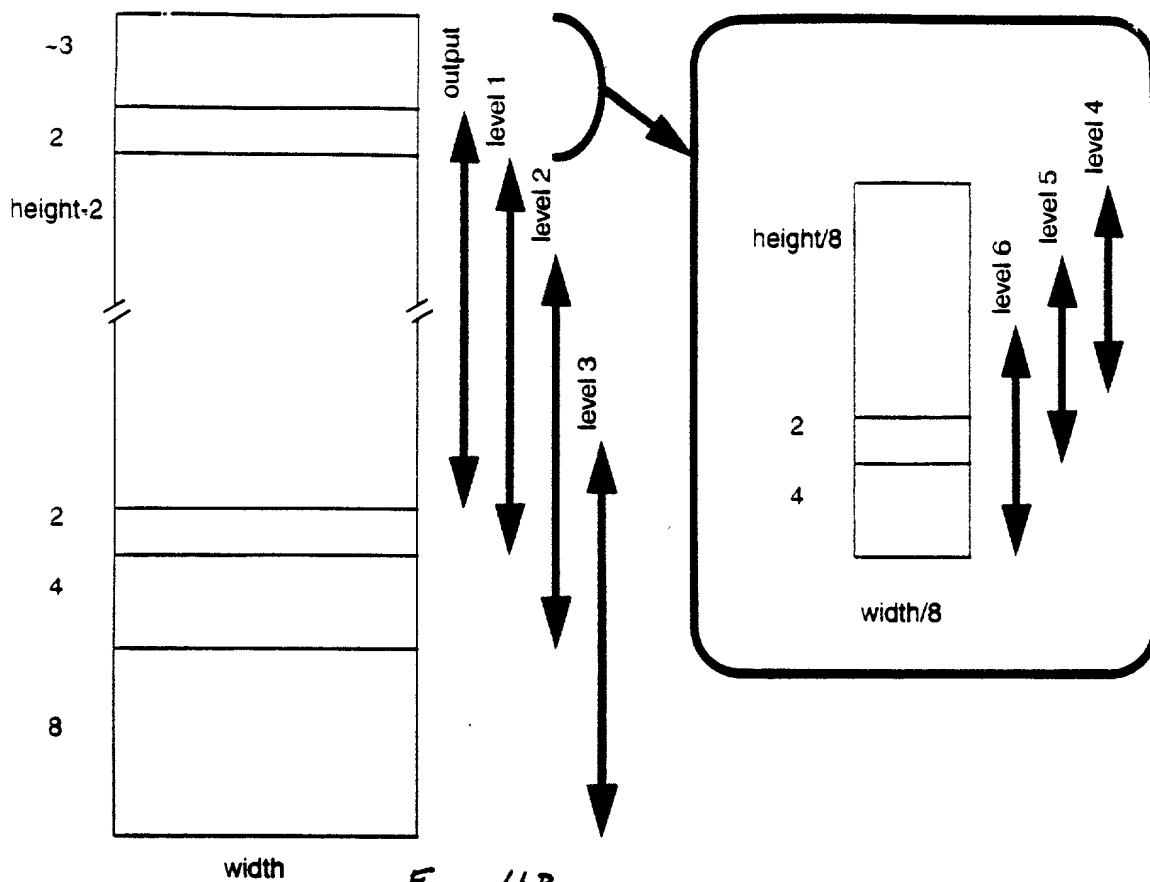


Figure 4B

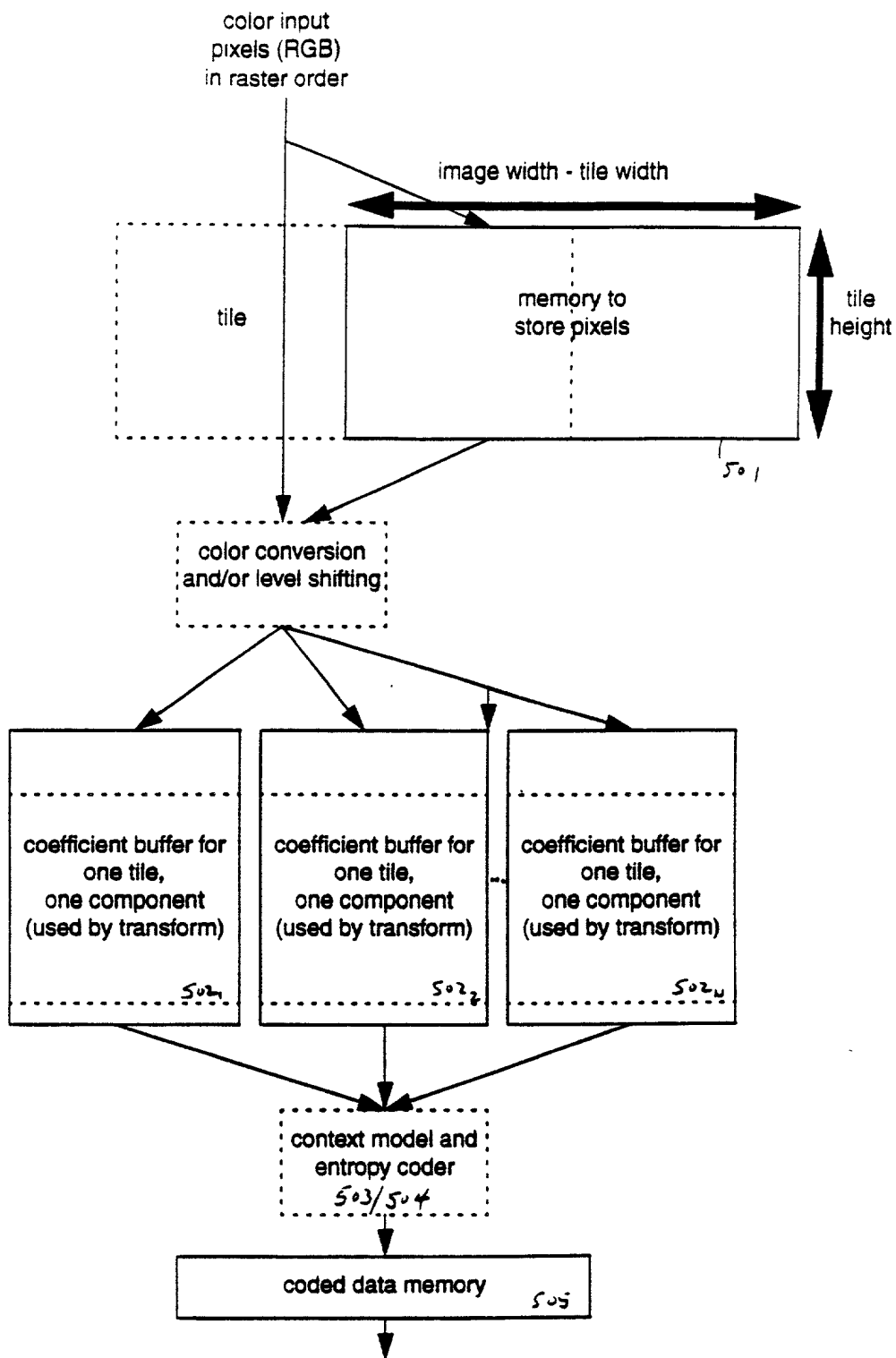


Figure 5

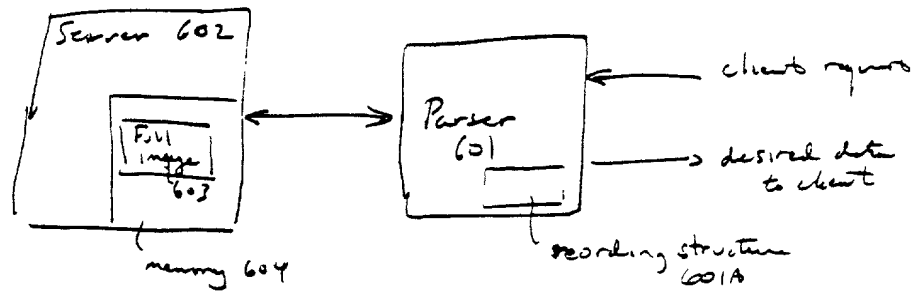


Figure 6A

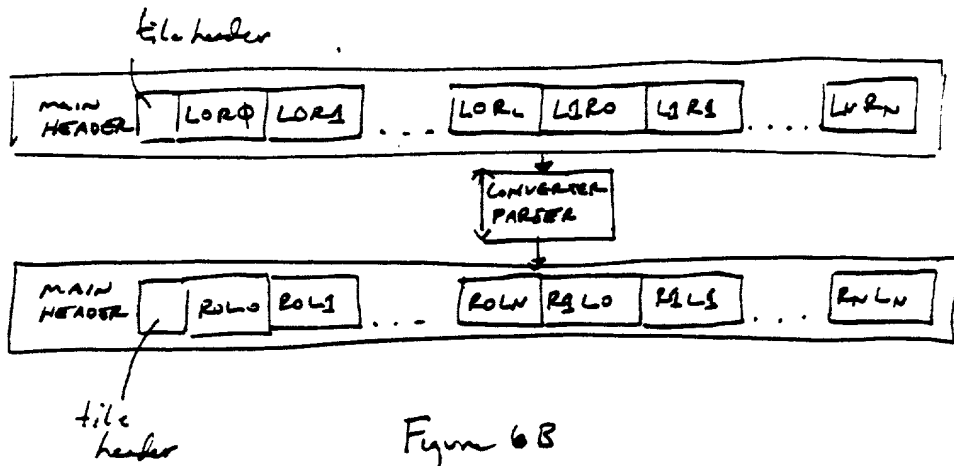


Figure 6B



# COLE

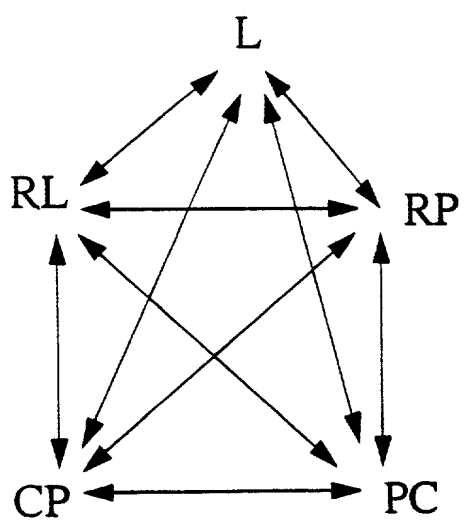


Figure 7A

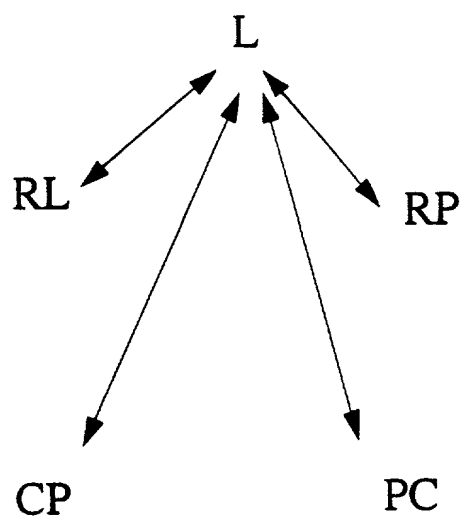


Figure 7B

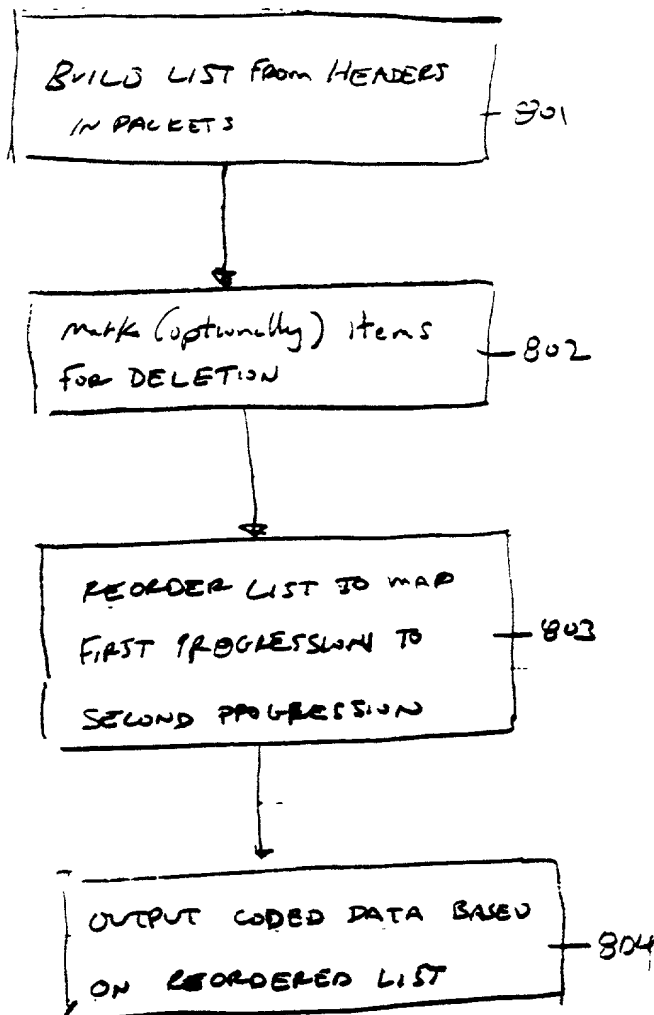


Figure 8

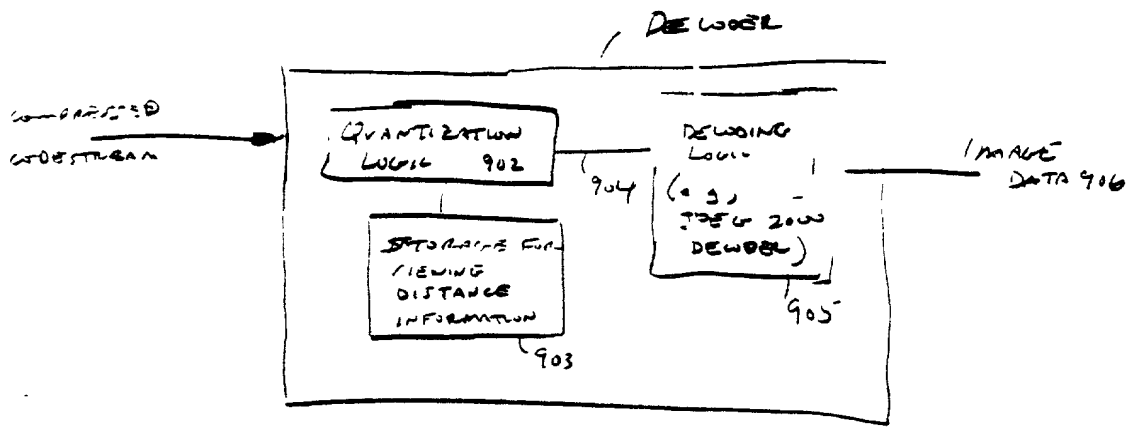


Figure 9

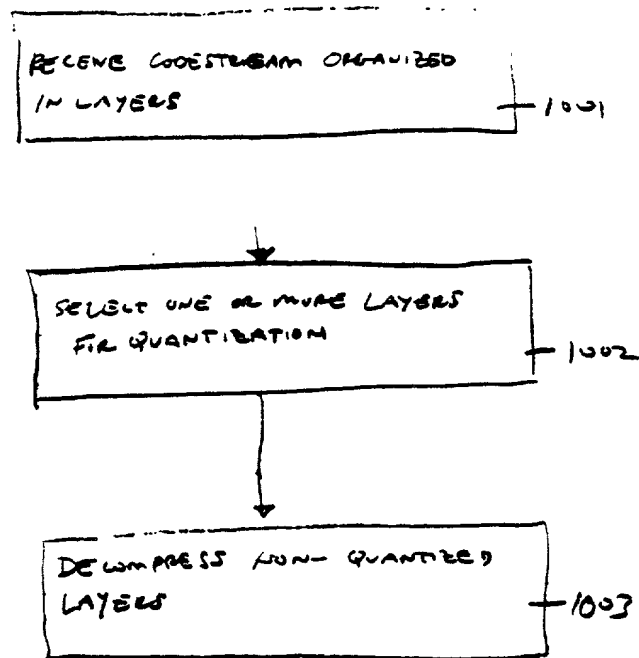


Figure 10

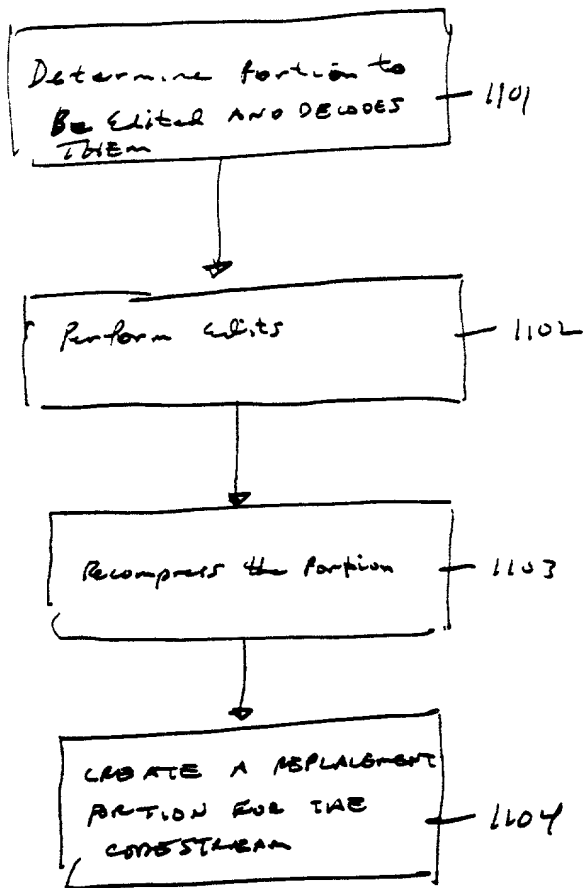


Figure 11

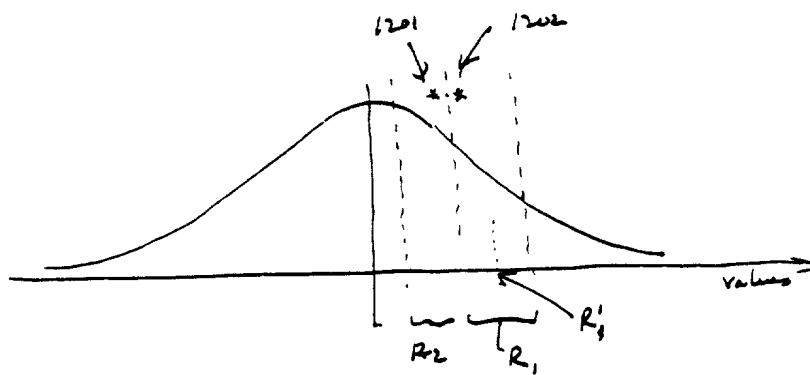


Figure 12

Figure 12

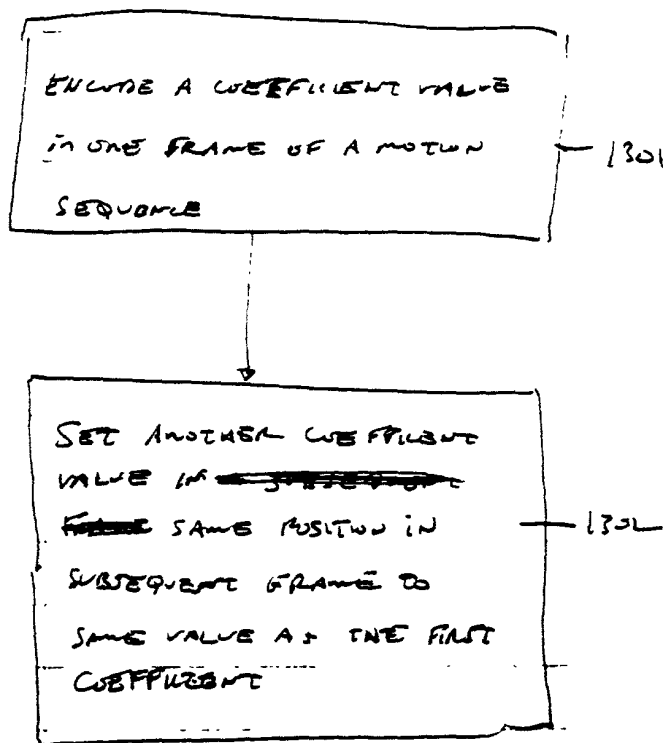


Figure 13

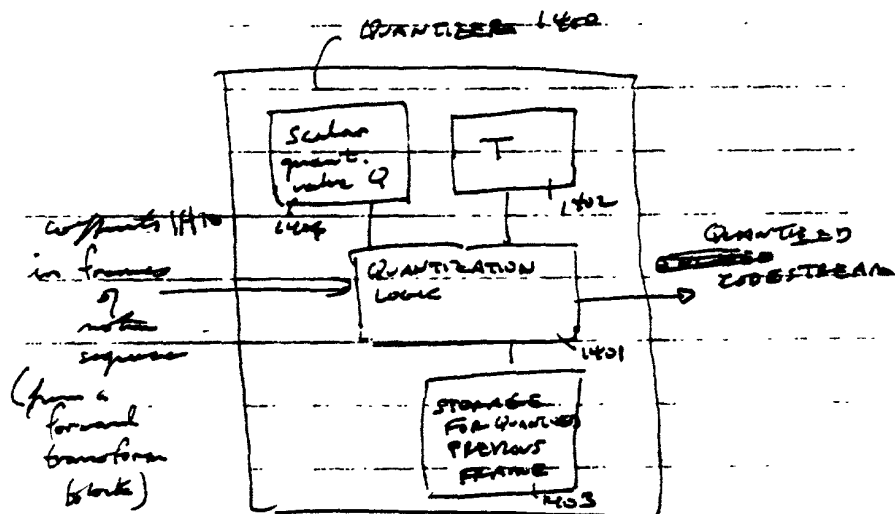


Figure 14

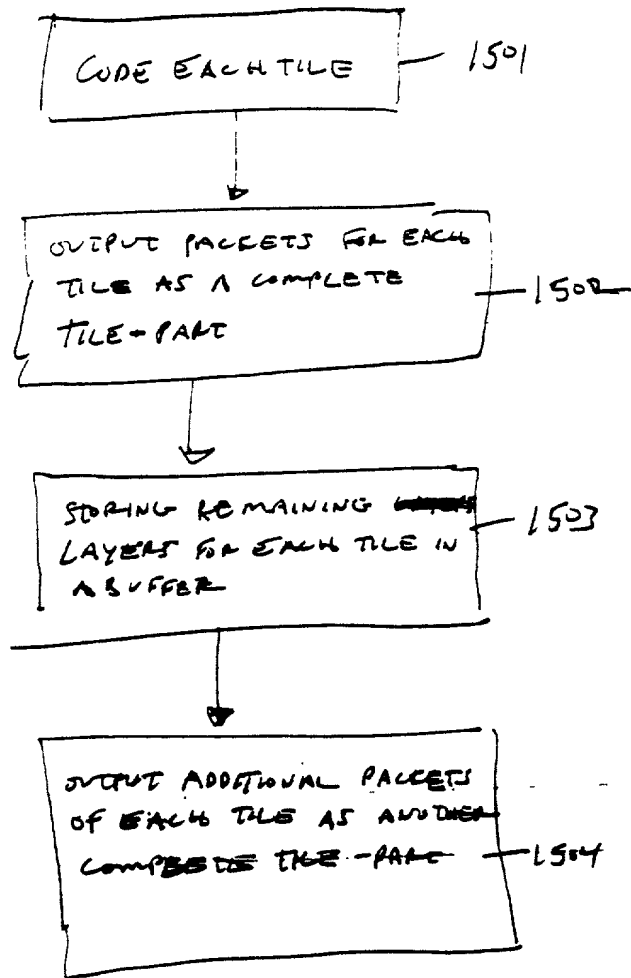


Figure 15A





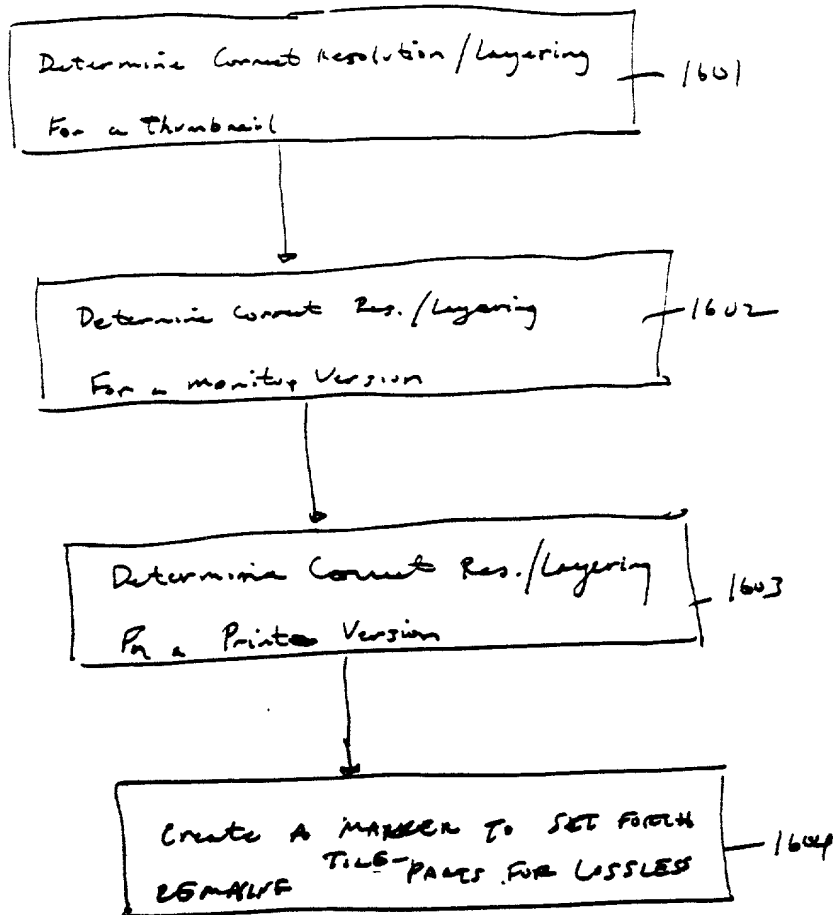
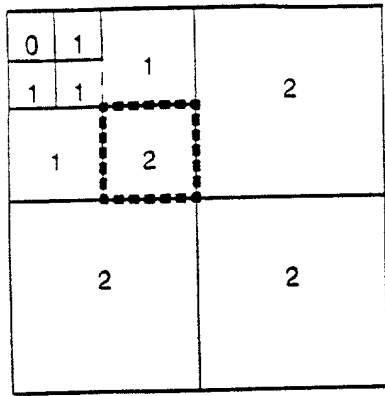
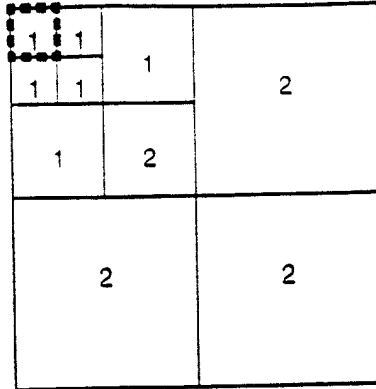


Figure 16

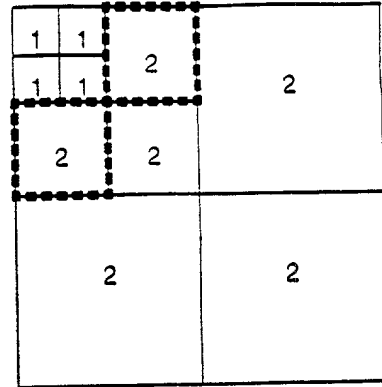




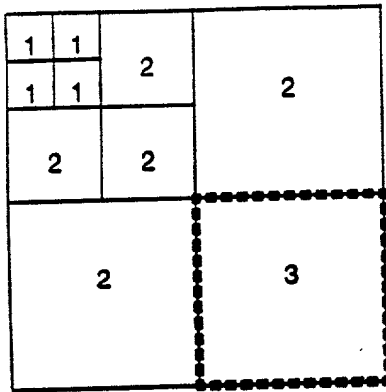
J



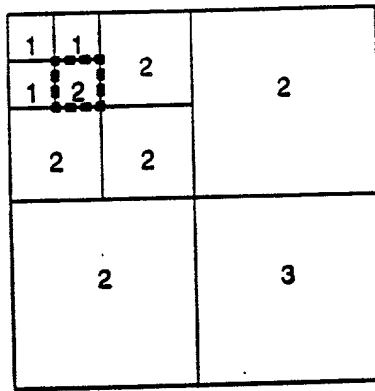
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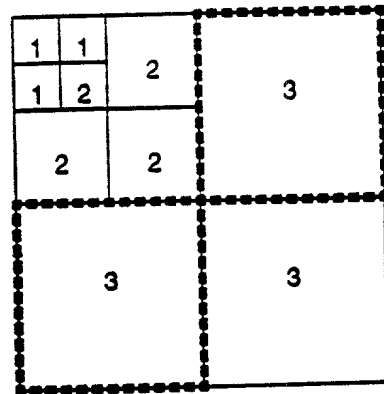
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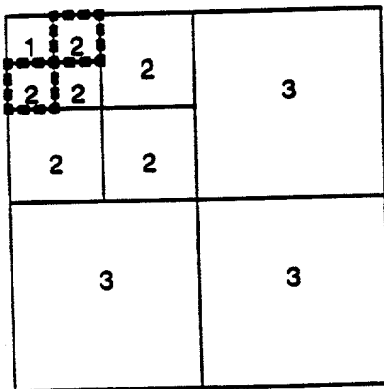
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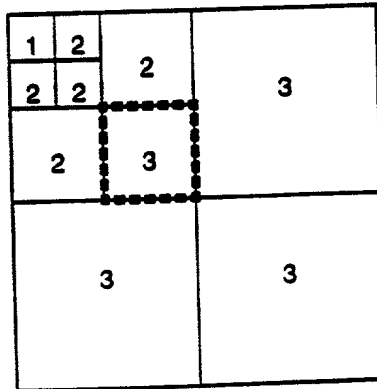
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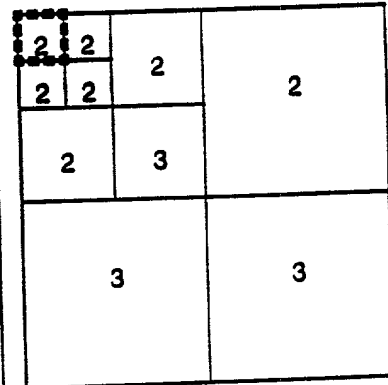
O



P



Q



R

Figure 18

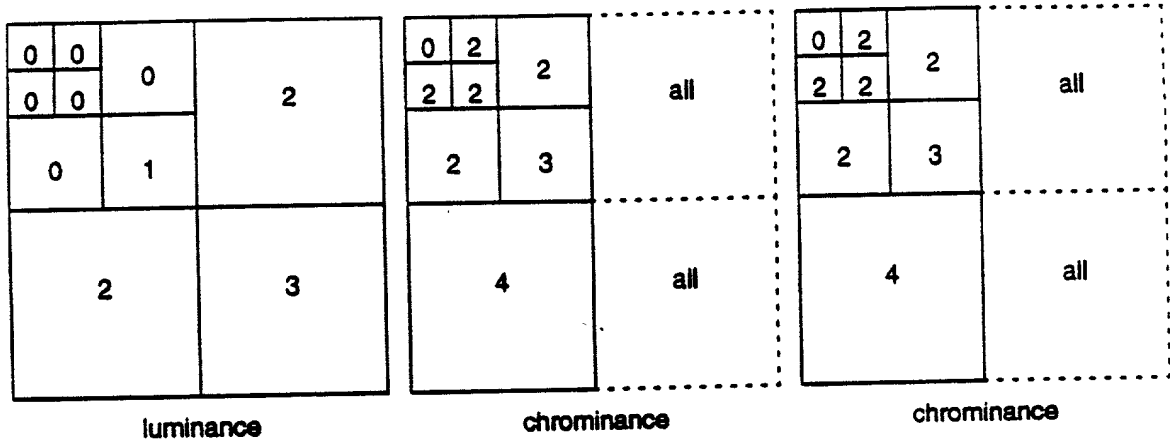


Figure 19

2000

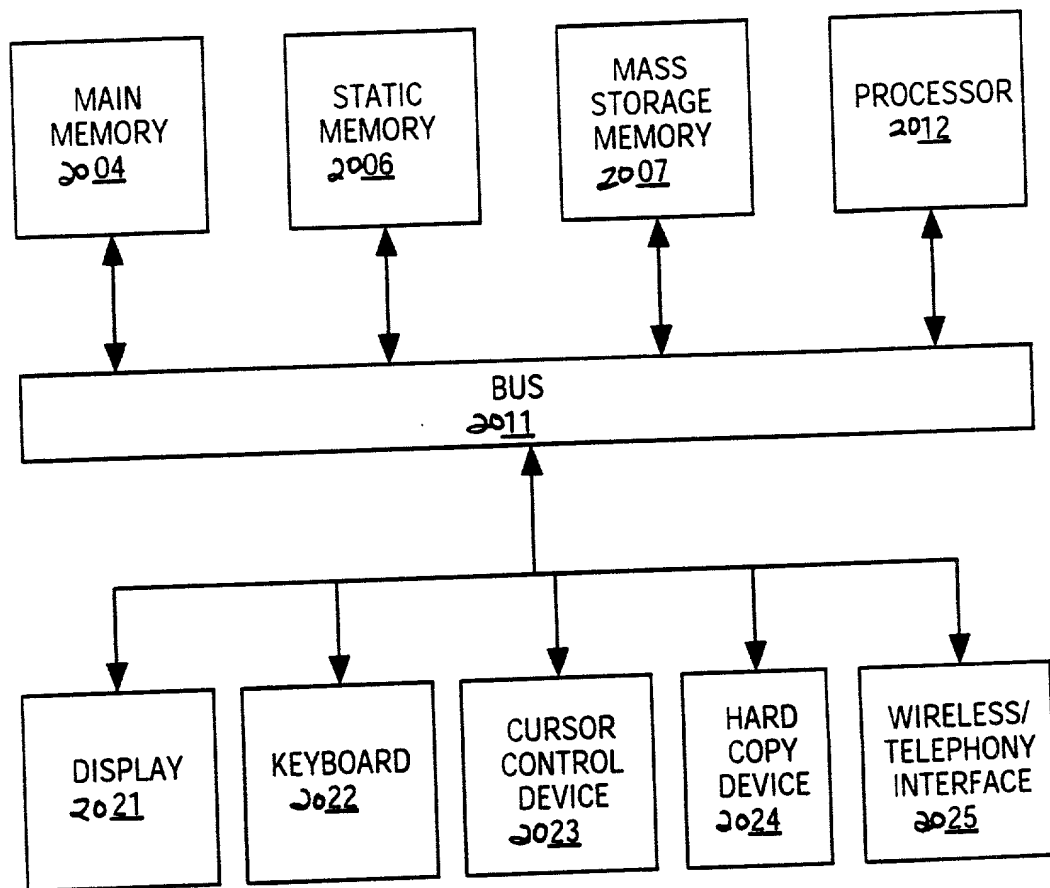


FIG. 20

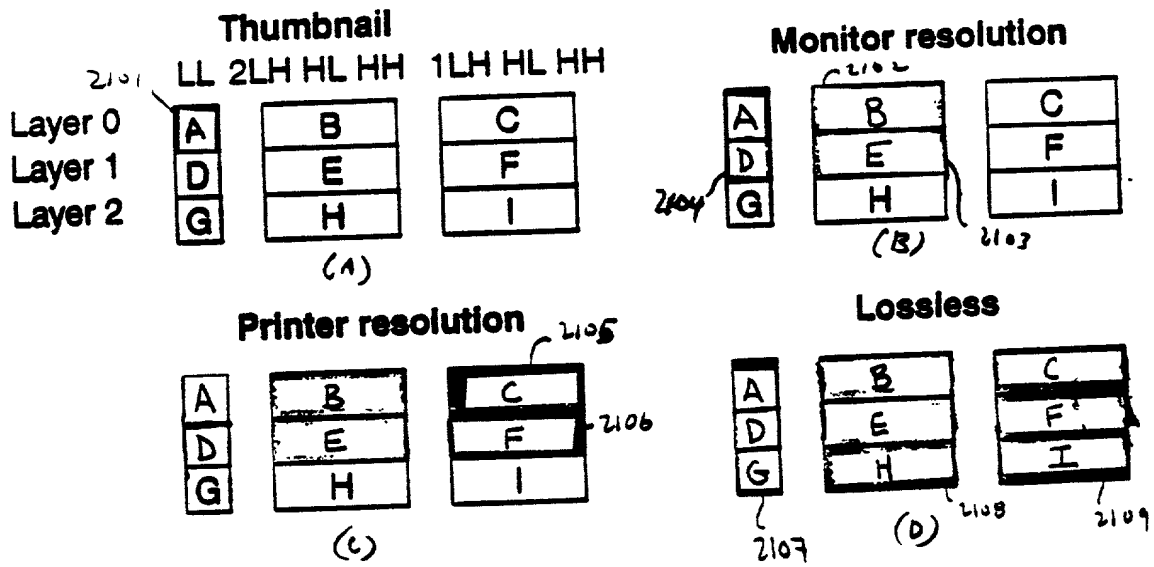


Figure 21



**THE** **WORLD'S** **LARGEST** **BOOKSTORE**

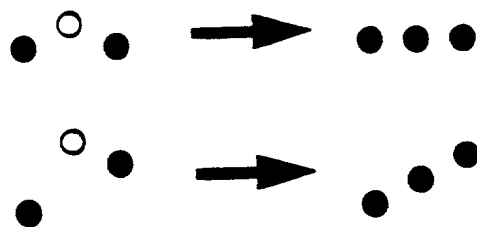


Fig 24



TYPICAL      DEGREE OF      COLOR      IMAGES

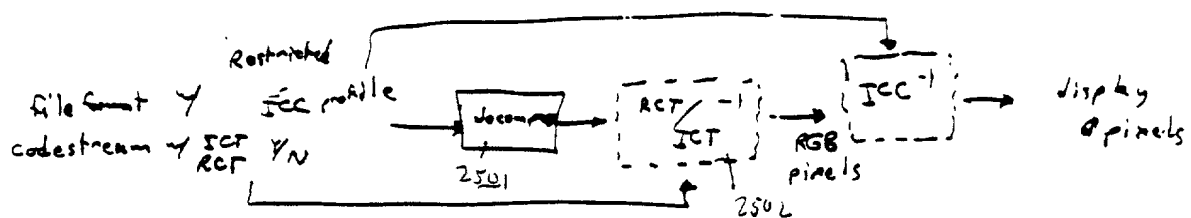
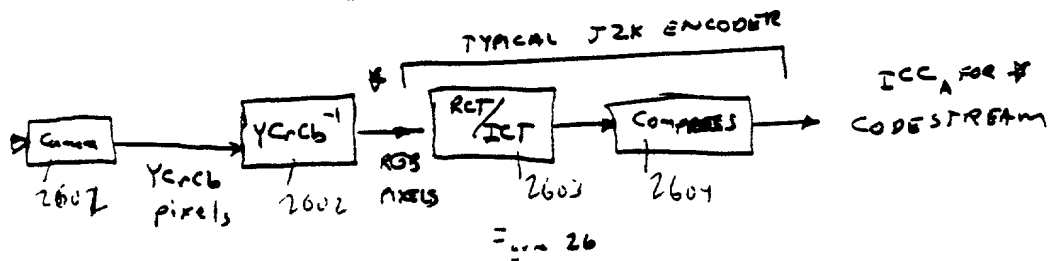
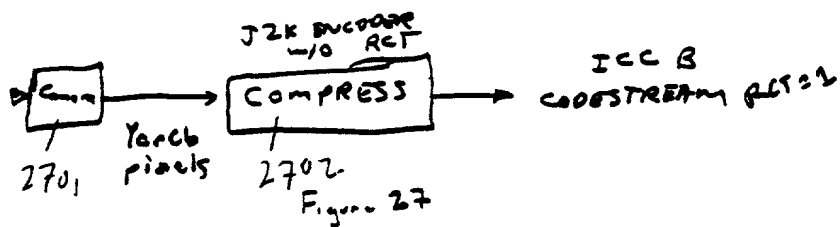


Figure 25

DUMB      CAMERA      ENCODER



# SIMPLE CAMERA ENCODER



**Abstract** The purpose of this study was to determine the effect of a 12-week, low-intensity, low-impact, and low-volume exercise program on the physical fitness of sedentary, middle-aged women. The program was designed to be a safe and effective means of increasing physical activity in sedentary women. The program consisted of three sessions per week, each lasting 30 minutes. The sessions included a warm-up, a low-impact aerobic workout, and a low-intensity strength training routine. The results of the study showed that the program had a positive effect on the physical fitness of the women. There was a significant increase in the women's cardiovascular fitness, as measured by the maximum heart rate and the maximum oxygen consumption. There was also a significant increase in the women's muscular fitness, as measured by the maximum strength and the maximum endurance. The program was well tolerated by the women, and they reported a significant improvement in their overall health and well-being. The results of this study suggest that a low-intensity, low-impact, and low-volume exercise program can be an effective means of increasing physical activity in sedentary women.

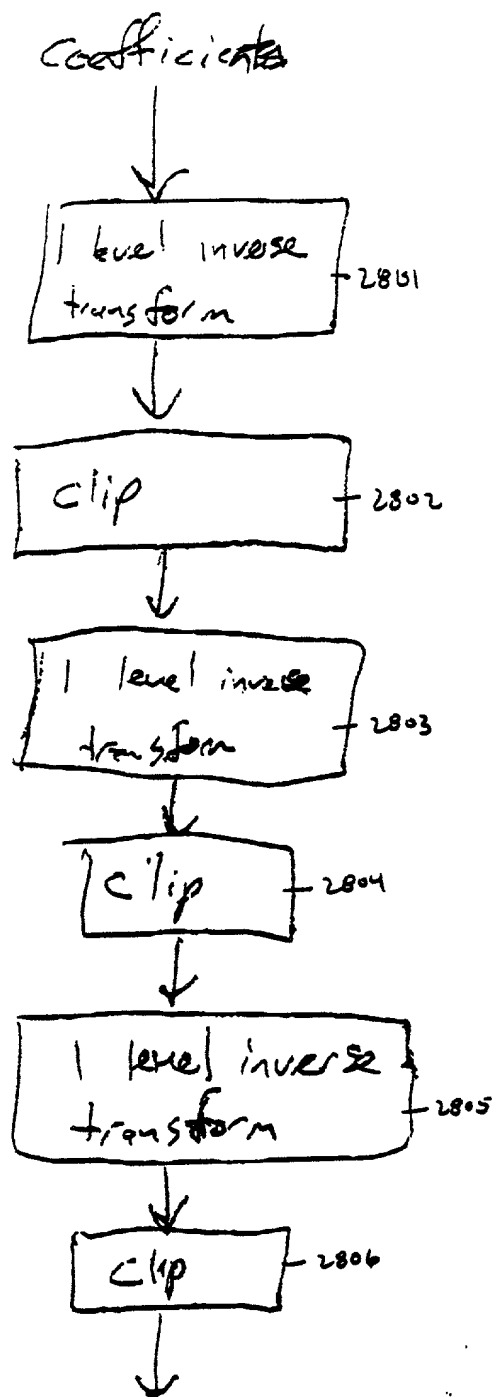


Figure 28